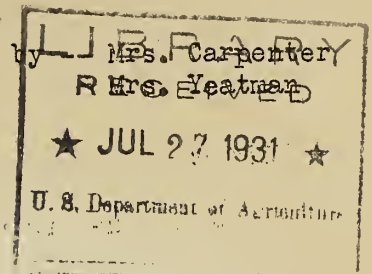


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July 16, 1931

H755R
MRS. CARPENTER:

How do you do, Homemakers!

Some of you are writing us just now about the bottling of fresh fruit juices. The Bureau has published no bulletin giving directions for putting up fruit juices of all kinds. I think you may know about Farmers' Bulletin 1075, "Unfermented Grape Juice, How to Make it in the Home", and Farmers' Bulletin 1264, "Farm Manufacture of Unfermented Apple Juice". These are free bulletins that you may want to order now to have on hand a little later on in the season. In the meantime there are the berries and other small fruits coming along in turn. I know you will want to bottle the juice of red raspberries and of black raspberries if the season is not too far advanced for you, and blackberries, loganberries, late cherries, and plums. There are so many uses for clear brilliant fruit juice, -- in the summer for fruitades or punches, and all the year around for flavoring and coloring jellied salads and desserts and puddings. So Mrs. Yeatman has come to the studio to tell you some of the things she has found out in her experimental work in the Bureau with all kinds of fruit juices. Mrs. Yeatman, are there some rules that hold good in the bottling of every juice? Is there a sort of general rule or special precaution that stands out in your mind so that you want to talk about it first?

MRS. YEATMAN:

Well, I hadn't thought of it just that way because every step in the process is of course important, but since you ask me, I do believe that the most outstanding precaution I could suggest is to use a low temperature throughout, never boiling either the fruit, or the juice after it is extracted, not even to sterilize it. Both the flavor and the color of the juice are spoiled somewhat by boiling, -- or at least they are changed. You know what a cooked flavor boiled fruit has, not unpleasant, but just different from the flavor of fresh fruit. That cooked flavor can be prevented in the preparation and the bottling of the fruit juice by avoiding the boiling temperature.

MRS. CARPENTER:

I assume from what you say that you do approve of some heating or cooking. You do not recommend an entirely cold extraction and the bottling of entirely raw juice?

MRS. YEATMAN:

Not for most fruits. Of course juice can be extracted from ripe grapes by the cold press method, as described in Farmers' Bulletin 1075, "Unfermented Grape Juice". But most berries and other small fruits give a much larger yield and a much clearer juice if the washed, drained, and mashed fruit is heated quickly just to the boiling point, and then removed at once from the fire. By heating in this way, the framework of the fruit is softened so that a large amount of rich flavored, deep colored juice can be extracted without much pressure. In fact some juice will drain out of the drip bag without any squeezing. This is called the "free" juice, and is the clearest extraction. It may be bottled separately or mixed with the juice that is gently pressed out.

(over)

MRS. CARPENTER:

What about the fruit pulp? Must it be thrown away?

MRS. YEATMAN:

No, when juice is extracted only by gentle pressure as in preparing bottled juice there is a good deal of flavor left in the pulp which can be used satisfactorily for jams and butters, but that is a story in itself.

MRS. CARPENTER:

We have so many letters asking if fruit juice can be bottled without sugar. How about that, Mrs. Yeatman?

MRS. YEATMAN:

It can, because the amount of sugar used is only enough to improve the flavor and to help retain the color of the juice during storage, so it is not sufficient to aid in preservation. The addition of sugar is, you see, just a matter of preference. If used, it is added in the proportion of one cup of sugar to one gallon of juice.

MRS. CARPENTER:

You said a while ago that neither the fruit or the extracted juice should be boiled. How do you sterilize it?

MRS. YEATMAN:

By heating it at the simmering temperature 185° C. The acid content of fruit juice makes it easy to sterilize. The sealed bottles of juice are entirely immersed in a water bath, which is then heated to the simmering temperature and kept there for ten minutes. After this amount of simmering, the bottles are immediately removed, cooled, and stored, lying on their sides in a dry place.

MRS. CARPENTER:

We have had time only to hit the high spots in telling you how Mrs. Yeatman extracts and bottles fruit juice. If you want to follow her method, write to the Bureau of Home Economics in Washington for our directions for Bottling Fruit Juices. The revised canning bulletin, Farmers' Bulletin 1471, is ready, too. Some of you have been waiting patiently many weeks for this news and will be glad to send for a copy at once. Goodbye, Homemakers, until next Thursday.